



YMCA inducts four at Hall of Fame celebration



Inductee Steve Austin accepts a framed citation from YMCA board president John Emerson, Hall of Fame Committee chair and board vice president Beth Shea, and Rep. Bruce Bickford.

The YMCA of Auburn-Lewiston held its second annual Hall of Fame Celebration and Annual

Meeting recently at Martindale Country Club. More than 125 people turned out to recognize 2016 Hall of Fame

inductees Stephen B. Austin, Muriel Bureau, James D. Lawler and Pennell Woodard. See **YMCA**, page 5

National Wreaths Across America Day at Togus National Cemetery



Red-ribboned evergreen wreaths at Togus National Cemetery made a poignant scene. Photo by Rachel Morin. See story and more photos by Rachel Morin on page 8.

City of Auburn honored for safety program



Here (l. to r.) are Auburn IT Director Paul Fraser, Steven Greeley of the Maine Department of Labor, Representative Bruce A. Bickford (R-Auburn), Auburn Safety Coordinator Raymond Lussier, Auburn City Manager Denis D'Auteuil, Representative Bettyann W. Sheats (D-Auburn), Pamela Megathlin of the Maine Department of Labor, and Auburn Facilities and Purchasing Manager Derek Boulanger.

In recognition of its rigorous program to protect the safety for its employees, the City of Auburn has been named a recipient of the Maine Department of Labor's Safety and Health Award for Public Employers (SHAPE).

"We congratulate Auburn City Hall on earning the SHAPE award," said Governor Paul R. LePage. "Auburn knows that keeping their people safe is not only good for the citizens of Maine, but also good for their community and their taxpayers. Better safety means less lost time due to injury and illness,

as well as lower workers' comp costs."

The SHAPE award was conceived in 2005 to recognize public-sector employers and employees who strive to provide a safe and healthful workplace. It is given only to exemplary public-sector employers after a thorough review and inspection of their safety and health policies and procedures by a Safety-Works! consultant. Auburn's workplace safety efforts are spearheaded by Safety Coordinator Raymond Lussier.

"We are very proud to receive this award," said See **SHAPE**, page 4

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Newsmakers, Names & Faces

Optimist Club names Student of the Month



Gracie Pray, with Club President Jeff Gagnon

The Tri-Town Optimist Club of Mechanic Falls, Minot, and Poland has named Gracie Pray its RSU 16 Student of the Month for December. A sixth grader at Minot Consolidated School, Pray is described by her teacher as an honest, humble and hardworking role model who purposefully includes those who are left out and is always kind and helpful to the people around her. She enjoys activities such as piano, ballet, skiing and soccer. Congratulations, Gracie!

Good Citizenship Award



Marine Corps League Central Maine Detachment 810 has named Eagle Scout Joseph Bussiere of Troop 187 a recipient of its Good Citizenship Award. Here Commandant Charlie Paul presents the award to Bussiere at a ceremony at the Boofy Quimby Memorial Center in Turner.

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Lisbon third-grader to compete in national pageant



Miranda Torrey

This summer, Miranda Torrey, a third-grade student at Lisbon Community School, will travel to Boca Raton, Florida to compete for thousands of dollars in college scholarships and prizes in the USA National Miss Scholarship Pageant. Featuring outstanding young women from across the country, the pageant includes an evening gown, interview, and runway fashion show competitions.

Torry, who began competing in pageants just over a year ago, earned her way into the national event by vying with over 80 contestants in the Miss Maine Academic Scholarship Pageant. There, she was awarded the titles of Miss Downeast Maine Princess 2017 and Miss Maine Jr. Supermodel, was a Miss Maine Primary first runner-up and a Miss Maine Jr. Role Model finalist, and received a Gold

Presidential Award for volunteering.

As a former all-star cheerleader, Torrey learned at a young age about the importance of dedication and believes that you can achieve anything if you work for it. She enjoys dance, tumbling, building forts, and volunteering in her community, often focusing her volunteer efforts on projects to help other children. She is the daughter of Rachel and Donald Torrey.

The USA National Miss Scholarship Pageant provides young women ages 4 to 25 with the opportunity to combine their love of pageantry with other optional elements, such as fashion and modeling, talent, academic achievement, community service, and mentorship, to design a customized pageant experience. Through its six prestigious national titles, USA National Miss has

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Maine Oxy donates \$20k to Make-A-Wish Maine



Pictured here (l. to r.) are Maine Oxy President Dan Guerin; Diana Picavet of Maine Oxy; Kate Vickery and Sonya Purington of Make-A-Wish Maine; and Tom Cyr of Maine Oxy.

Maine Oxy, headquartered in Auburn, has made a \$20,000 donation to Make-A-Wish Maine. The money was raised during the 4th annual Maine Oxy Charity Golf Tournament at Fox Ridge Golf Course in Auburn in September. At the average cost of \$7,000 per wish, that amount will fund almost three wishes for local children.

"We are so grateful to be able to support the work Make-A-Wish does for local kids who are battling life-threatening medical conditions," said Dan Guerin, President of Maine Oxy. "Maine Oxy customers and staff continue to step up and make our events more successful every year." To date, the annual Maine Oxy Charity Golf Tournament has raised a total of \$52,500 for Make-A-Wish Maine. The 2017 tournament is scheduled for Saturday, September 16 at Turner High-

lands Golf Course.

Well known for its commitment to creating environment-friendly products and its role in establishing the New England School of Metalwork, Maine Oxy is New England's leading supplier of welding supplies, industrial and specialty gases, and innovative industry solutions. Founded in Auburn in 1929, the company originally provided service to home propane customers, but has since grown into a sales and manufacturing leader operating in 19 locations across New England and Canada. The company works to provide the most current technologies at competitive prices while participating in a variety of initiatives to better the communities in which it operates. For more information about Maine Oxy, call 1-800-377-9433 or see www.Maineoxy.com.

Maine Chiropractic Assoc. names Reed Exec. Director

The Board of Directors of the Maine Chiropractic Association has hired Robert Reed of Lewiston as the agency's new Executive Director. In this position, Reed will support an organization representing over 200 Maine Chiropractic Doctors and their staffs by managing legislative lobbying, marketing, educational, financial planning and administrative functions.

Reed grew up in Auburn and is a graduate of Husson University of Bangor. He resides with his wife, Linda, in Lewiston, where he serves as chair of the Lewiston City Finance Committee and on the Advisory Board of Look-

ing Ahead Clubhouse. He also serves on the Maine-care Provider Advisory and Technical Advisory Groups, where he assists Mainecare and DHHS staff by providing input on behalf of the healthcare provider community. He is active in scouting and other youth activities

"We are very excited to have Mr. Reed bring his expertise in the insurance, marketing and legislative arenas to help us promote our profession," said MCA President Michael Noonan, DC of Old Town. "Reed began his career in health care by working for a Chiropractor in Lewiston and, more recently, has worked for several practices and the MCA as a private consultant. We are pleased that he will be able to provide Maine citizens, other medical professionals and elected officials even more knowledge about chiropractic and our mission of natural, drug-free health care."

If you have questions about Chiropractic services, contact Reed at 622-5421 or mainechiroed@gmail.com.

Send all items for **Names & Faces** to **Editor@TwinCityTimes.com**.
 Deadline is **Friday by five.**

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Governor's Address: Honor the will of the people, but do no harm

As we look forward to the New Year, we think of those who are struggling to get by. Unfortunately, their struggle is about to get worse.

Dear Maine Taxpayer,

Maine needs to attract more jobs, more families and more opportunity. Raising the minimum wage too high, too fast will make it much harder to do that.

Increasing low wages sounds like a good idea on the face of it. But the economic devil is in the details. A couple of sentences on a ballot do not explain the details of the law that regulates the wage hike.

If the question asked voters to slash the pay of their favorite waitress, they would have said no. If the question asked voters to force the elderly to pay higher prices on everything they buy, they would have said no.

And if the question asked voters if they want their friends laid off because employers could not absorb the increase in the minimum wage, they would have said no.

Most voters didn't realize the minimum wage would automatically go up every year, even during a downturn in the economy. They didn't know that with inflation or hyperinflation, the minimum wage could jump to \$20.



Governor Paul R. LePage

It would put virtually every company in Maine out of business.

The socialists at Maine People's Alliance basically made up their own indexing to downplay the effect of the automatic increase in the min-

imum wage. The cost-of-living increases in Social Security are based on the national Consumer Price Index.

But Maine People's Alliance used the Northeast region's CPI to increase the minimum wage at a much higher rate than Social Security. This will hurt 325,000 Mainers on fixed incomes who can't afford to pay higher prices on everything they buy.

Voters didn't realize most Maine businesses cannot afford these huge increases in labor costs. Black Mountain was forced to raise the price of lift tickets to cover their new labor costs. And the cost of milk is already going up.

In response to efforts

around the country to raise the minimum wage, McDonald's will replace workers with self-service kiosks. Even businesses in California, which is a very wealthy state, can't absorb their higher minimum wage.

Businesses in California that closed because of these new labor costs include a bookstore, a pub, restaurants and bakeries, a coffee shop, grocery stores and clothing manufacturers.

Maine is not California. We have a fragile economy, and this new minimum wage could destroy it. I will not purposely harm the economy. I am asking the Legislature to work with me to do no harm.

We must fix the law to

make sure it does not harm our elderly, our workers and our small businesses. We can honor the will of the people to raise the minimum wage, but slow it down to give businesses time to absorb it. We can eliminate the annual increase, just as we got rid of the automatic increase in the gas tax. And we can restore the tip credit so restaurant servers can continue to make \$20 or \$30 an hour.

The people have spoken. Now it's the Legislature's duty to make sure the law does not ruin our economy. Again, do no harm.

Thank You,
Paul R. LePage
Governor

Defense bill signed into law, securing 900 Maine shoemaking jobs

President Obama last week signed the 2017 National Defense Authorization Act into law, marking the end of a months-long, hard-fought battle led in the House by Maine Congressman Bruce Poliquin to secure 900 Maine shoemaking jobs at New Balance.

The bill that was signed into law includes critical language championed by Congressman Poliquin and Senators Susan Collins and Angus King to require the Department of Defense to follow the law by issuing American-made athletic shoes to its new recruits.

For the past several months, Congressman Poliquin has strongly advocated and taken legislative action to push the DOD to comply with the Berry Amendment, which requires the Pentagon to use American-made products for recruits whenever possible. Since 2002, the DOD has circumvented this policy by issuing cash allowances to new recruits for training shoes, which are not required to be American-made or Berry Amendment-compliant. In 2014, the DOD agreed

to change its policy and close this footwear loophole, but more than two years later, it had yet to do so.

This final provision, which was maintained in the NDAA during the conference committee between the House and Senate due to strong support from Congressman Poliquin and Senators Collins and King, mandates that the DOD consider athletic footwear issued to military recruits as subject to the Berry Amendment, requiring the Department

to treat athletic footwear like other uniform items.

"This has been a long and hard-fought battle, but today it's finally done," said Congressman Poliquin. "The 900 shoemakers at New Balance in Norridgewock, Skowhegan and Norway are the hardest working individuals in the world and unquestionably deserve this huge win. I applaud New Balance's leadership in keeping jobs here in America and in our State of Maine. Today, their investment in Maine workers has paid off."

Parish teens assemble kits for homeless youth



Over 20 students collected personal care items, including toothpaste, toothbrushes, combs, and other toiletries, and packed them into c. 80 care kits for the homeless teens at New Beginnings.

Upon learning recently about the struggles and challenges facing homeless teens in Maine, faith formation students at Prince of Peace Parish in Lewiston quickly decided to do something about it. The project began when Janice Lara-Hewey of Catholic Charities Maine's PATH program spoke to the students about homelessness and its impact on their community. PATH, which stands for Projects

See *Youth*, page 5

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Only Steps Forward

2017 should offer help for small businesses, more volunteers

By Jonathan P. LaBonté
MAYOR OF AUBURN

As we wind down 2016 and look ahead to 2017, there's no better time than now to offer some predictions for 2017.

And to start the year off right, I will offer the optimistic predictions for what is to come for our community. While some may be a reach, I'm thinking that a little positive energy might help us to achieve these and more.

Let's start with new

jobs at new small businesses. Created in late 2016, Auburn's Storefront Traffic Accelerates Revitalization, or STAR, program, will help to create dozens of new jobs in several new neighborhood and downtown businesses. Existing local businesses expanding, as well as others wanting to be part of the growth of Auburn, will spend 2017 investing in locations like Spring Street, Court Street, Main Street, Hampshire Street and Mill Street,



Mayor Jonathan P. LaBonté

generating foot traffic and bringing new life to our historic neighborhoods.

After decades of pro-

viding incentives to big developers and government-run business parks, the Auburn City Council in 2017 will adopt incentives for developers of smaller projects. Owners with multi-family apartment buildings will find the city supporting their investment in improving the safety and quality of their units.

Also, after sitting for years on several properties throughout the center of our city, bids will be solicited from those willing to take

these city-owned properties, allowing new construction activity that will add to our tax base and the vitality of the neighborhoods.

In 2017, the City of Auburn will experience the first of several successful neighborhood engagement efforts as the Neighborhood Challenge Grant, first created in 2016, awards its first investments in citizen-led projects. The first projects of creative crosswalks, neighborhood information signs and park benches, create a welcoming environment to visitors and new residents. There will be significant buzz about what type of projects may come next, including a proposal by the New Auburn neighborhood for a permanent installation of the bells from St. Louis Church.

Members of the Auburn City Council and city staff will partner to promote ways that citizens can volunteer in support of the community. Those efforts, including some targeted recruitment, positions the city to fill all of the openings on city committees and boards for the first time in years.

The interest in volunteering is so large that the city is moving towards creating an annual volunteer fair, where community organizations and city committees all come together under one roof for networking and to introduce themselves to citizens and exchange thoughts and ideas about improving our city while enjoying refreshments and casual conversation.

With a push for a more transparent and priority-based budget process, the City Council will spend the first half of 2017 hosting listening sessions with city staff at various neighborhood watch, PTO and ward-based meetings. The resident input of what is most important for city services, as well as how

much they can truly afford, leads to a streamlined budget that, when paired with the economic growth and sale of city properties, reduces the tax burden in Auburn.

The improved fiscal position, which will continue beyond 2017, helps to strengthen our bottom line in advance of the most important financial decision the city will make for its future: the composition of our new Edward Little High School.

2017 will be a banner year for civic engagement that goes well beyond what I've mentioned. The School Committee and its architecture and planning team at Harriman Associates will position the discussion of Edward Little in a way to ensure all residents see the impact it can have on them, whether they have children or grandchildren in the schools or own a business that needs to attract workers.

And to fulfill one of the most frequent requests that I get as Mayor, maybe this will be the year Auburn lands an Olive Garden.

SHAPE

Continued from page 1

Auburn City Manager Dennis D'Auteuil. "Our team works tirelessly to promote a safe workplace, and to get this kind of recognition means a great deal to us. This is an exceptional workplace with a great team of people who strive for excellence, and I congratulate my entire team on this achievement."

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Enough is Enough

Expand technical education to help students succeed

By **Robert E. Macdonald**
MAYOR OF LEWISTON

Education is a beautiful thing. As a society, we need to ensure every child is provided with an education they will be able to use when they enter the world of life.

We must also understand that the knowledge children acquire during their formative learning years (K-12) will fluctuate from student to student. Some will excel academically, others in the trades. Many will go from mundane job to mundane job because of a lack of acquired skills and no motivation to acquire the skills needed to advance their economic situation.

We are failing our children. It is easy to place the entire blame on our teachers for the poor performances of their students. This allows those in society the opportunity to relieve themselves of

guilt. Well, forget about it. The “we” I refer to includes both spineless conservative and progressive politicians. They are responsible for curriculum that serves to “dumb down” our students.

Classrooms in many of our school systems resemble the Tower of Babel, where if there are less than 20 different languages spoken by students registered in the school system, the school board and superintendent can be seen high-fiving each other in thankfulness.

The “we” also includes parents, community leaders, business owners and everyday taxpaying citizens. Why do you stand by quietly and allow the false progressive narrative, “to be a success you have to go to college,” be repeated daily in the school system? Well, you don’t!



Mayor Bob Macdonald

How many young adults have accumulated back-breaking debt that will take decades to pay off? How many college grads cannot get a job in their field of study—even after paying thousands of dollars in tuition? How many students are accepted into college and are required to shell out money to pass remedial courses in English and

math, courses that should have been mastered in high school, before being eligible in pursuing a degree?

It is time for us to stop this gifting of our students by progressive social engineers. Let’s bulk up on sand and determine as a community what is best for our schools.

One way of meeting the needs of our students and eliminating crushing debt is by expanding our technical and career courses at our local high school. Many of our students are hands-on individuals. Many have problems in academic classes, but flourish in the trades. Why not provide them with that chance?

I have been in contact with a gentleman from New Hampshire who has presented me with the outline of a course curriculum, which I believe would en-

sure our students good-paying salaries without expensive tuitions. It also affords Lewiston and surrounding cities and towns a needed specialized work force. At this point I am awaiting the return of school Superintendent Bill Webster so he can study and make a decision on the proposed curriculum.

The course is intended to teach high school students “How to test and inspect the placement of concrete.” The goal is to graduate high school students with an “American Concrete Institute (ACI) Certification,” allowing students to be job-ready at graduation.

This certificate opens the door to good-paying careers. Once hired with this certificate in hand, your employer will encourage and pay the cost of bettering yourself in the area of proficiency to inspect: soil,

reinforcing steel, structural steel, masonry, fire-proofing and bituminous pavement. In five years, your salary could increase from \$27,000 plus benefits and overtime to \$60,000 to \$80,000. Not bad for a person in their 20s with no college loans to pay off! This program offers students unlimited “upward mobility.”

Lastly, the New Year offers hope. Not the hope of increased welfare benefits, but of good-paying careers. We have many hard-working people who struggle day to day because they made a conscientious decision not to take school seriously. They made a mistake.

But in this new year of hope, let us give them a chance at “upward mobility” by securing the funds needed to provide them with the training to gain an ACI Certificate.

Happy New Year!

YMCA

Continued from page 1

“Our Hall of Fame event is about celebrating the men and women who have made the YMCA such an integral part of L/A over the last 148 years,” said YMCA CEO Steven Wallace. “It is also a call to action for everyone involved; the Y still has a lot to do.” Those attending were treated to live music from Three Point Jazz Trio and video testimonials from those closest to the honorees, as well as highlights of the YMCA’s impact serving local communities.

Stephen Austin was recognized for his more than 20 years of service on the Y’s Board of Directors and for his contributions during critical leadership transitions. Volunteer Muriel Bureau, known as the early morning face of the YMCA, was honored for her nearly 30 years of service. James Lawler is a former executive director of the YMCA who led substantial growth in its endowment and launched programs in fitness and child care that remain the foundation of the organization’s business model. And Pennell Woodard, who passed away in early November, was a lifelong YMCA member who held a variety of volunteer leadership positions and was among the founders of the Y’s historic Bidy Basketball program.

The YMCA of Auburn-Lewiston is a charitable organization that seeks to strengthen the foundations of the local communities through collaborations and services that focus on youth development, healthy living and social responsibility. Each

year, the YMCA serves more than 1,800 children in its youth sports, camp and child care programs.

Pageant

Continued from page 2

awarded over half a million dollars in cash, prizes and full-ride college scholarships since 2015. Delegates can also earn titles, crowns and prizes in optional competitions in areas of interest to them.

“USA National Miss combines all the beauty and excitement of pageantry with the glamour and energy of a runway fashion show, while recognizing the personal achievement, community involvement and academic excellence of young women across the USA,” said USA National Miss Executive Director Jackie Watson. “Our program is designed to reward young women for their accomplishments, mentor them to reach their goals and unleash their true potential, and encourage them to be articulate young women with a strong sense of self-worth.” For more information on USA National Miss, see www.UsaNationalMiss.com.

Youth

Continued from page 3

for Assistance in Transition from Homelessness, actively seeks out homeless individuals and works to connect them with available services, helping them find a “path” out of homelessness and towards greater connections within their communities.

“She pointed out that, in rural areas and smaller cities like Lewiston and Auburn, it can be difficult to realize that there is a problem because you don’t see that particular population on the streets like you might in a big city,” said Bill Wood of Catholic Charities Maine. “Parents and students asked how they could help.” Over 20 students responded by collecting personal care items, including toothpaste, toothbrushes, combs, and other toiletries, and then gathering together to pack them into approximately 80 care kits for the homeless teens at New Beginnings in Lewiston.

Since 1980, New Beginnings has served runaway and homeless youth by offering a variety of services, including a shelter, a transitional living program, an

Smart Start Breakfast recipes for a healthy New Year

A commitment to health and wellness means taking care of yourself and your family, exercising and eating right. The New Year is the perfect time to refocus your goals and make better health a priority.

A nutrient-rich breakfast can set you up for success each and every day. Dairy foods like milk, cheese and yogurt are good sources of high-quality protein, which is an essential part of a healthy diet. Protein serves as the building block for cells throughout the body and may aid in managing weight by helping you feel full.

By adding protein to your day, health and wellness goals can become easier to achieve. Daily protein needs

should be met by spreading intake throughout the day in every meal and snack you eat. Not only does protein help satisfy hunger, which may aid in weight management, but it also helps preserve muscle. No matter your breakfast style, dairy foods can enhance your dish. These recipes show how, from sweet to savory and cold to hot, your breakfast can be unique while providing high-quality nutrition in each bite. Learn more about the role of dairy in a healthy



outreach program, a drop-in center, and mental health assistance. The organization helps youth as young as 12 to those in their late teens. For more information about how to donate to New Beginnings or help them in other ways, call 795-4077 or see www.newbeginmaine.org.

diet at MilkMeansMore.org.

White Pizza Frittata Recipe created by Rachel Cooks on behalf of Milk Means More

Prep time: 10 minutes
Cook time: 35 minutes
Servings: 8

1 tablespoon extra-virgin olive oil
1 large clove garlic, minced
12 ounces frozen spinach, thawed and water pressed out
12 large eggs
See **Breakfast**, page 7

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What's Going On

New job training programs start in January



Among those working together to develop new job training opportunities in a variety of fields are (l. to r., from front) WMCA Employment & Training Specialist Cathy Stairs, Lewiston Adult Ed. Asst. Director Jennifer Tiner, WMCA Program Site Coordinator Patti Saarinen, WMCA Employment & Training Specialist Christine King, and Lewiston CareerCenter Business Employment Services Consultant Linda Roberts. (Photo courtesy of Monica Millhime)

A wide array of local and regional agencies, including Lewiston Adult Education, Western Maine Community Action, the Lewiston CareerCenter, the City of Lewiston, Community Concepts, Tree Street Youth, the Root Cellar, Maine Immigrant and Refugee Services, and the John T. Gorman Foundation, are working together to provide income-eligible candidates with new training opportunities for full-time employment in a variety of in-demand fields. Most include a combination of classroom and practical or on-the-job training. Programs to train Certified

Nursing Assistants, Personal Support Specialist, and Certified Residential Medication Aides, as well as ones that provide training for construction and office jobs, are scheduled to begin in January.

Orientations will be offered throughout the month at the Lewiston CareerCenter, located at 5 Mollison Way. Registration for the CNA and construction programs are requested by December 30. Candidates who are veterans, new Mainers, or from low-income households are encouraged to apply. For more information about each program or to register, call 753-9001.

"Greater Giving" grant applications due Dec. 31

Androscoggin Bank is accepting applications for its Greater Giving program's 2017 bi-annual grants through December 31. Greater Giving is the Bank's community impact program, launched in 2015 to provide support to nonprofits that benefit the community in three specific areas: economic development, education and the arts. It accepts grant applications twice each year, due December 31 and June 30.

The Greater Giving grants committee approved second cycle grants in July 2016, totaling \$7500, to two organizations, the Portland Education Foundation and the Rural Community Action Ministry.

The Greater Giving program's philosophy is that "community impact through partnership" is not only an exercise in volunteer hours and money donated, but also an emphasis on community partnerships and choosing to focus

giving efforts in strategic areas where the bank can make the biggest difference.

"We believe that targeted and focused efforts offer the biggest return for our community partners," said Melissa Rock, VP of Marketing and Client Relations at Androscoggin Bank. "An important part of the Androscoggin Bank culture is our passion for partnering with clients and community stakeholders to help them succeed, which is part of earning relationships. We do this through our expert advice, our attention to detail, a willingness to help and take notice, and through in-kind donations. We want everything we do to create a ripple of impact across the community. Greater Giving is our formal process for making that impact."

For the grant criteria and application, see www.androscogginbank.com.

SeniorsPlus, Alzheimer's Assoc. offer support group

Starting in January, SeniorsPlus will partner with the Alzheimer's Association to offer an Early Stage Alzheimer's Support Group. Designed to provide emotional, educational and social support for those in the early stage of Alzheimer's disease or another form of dementia, the group will be led by a SeniorsPlus-trained facilitator whose primary purpose is to provide information and education about dementia while allowing participants to receive emotional support and encouragement from others in a similar

situation.

This monthly support group will take place at SeniorsPlus at 8 Falcon Road in Lewiston at the same time as the Family Caregiver Support Group, but in a separate meeting room. The Family Caregiver Support Group provides emotional, educational and social support for caregivers who are helping someone with dementia. There is no fee, but advance registration is required. For more information, including meeting dates and times, or to register, call 1-800-427-1241, ext. 3728.

CMCC QuickBooks course starts Jan. 12

The Corporate and Community Services Department at Central Maine Community College will offer "QuickBooks: Intermediate and Basic Tasks" on Thursday mornings, January 12 through February 9, from 9:30 a.m. to noon.

QuickBooks is one of the most popular small-business computer accounting packages available. This course will be taught using QuickBooks Premier 2015; however, many of the skills learned will be transferable to other versions of QuickBooks. Class participants will learn how to set-up an accounting system, manage accounts payable and receivable functions, create invoices, print checks, and create financial statements. While there are no prerequisites, a basic understanding of Microsoft Windows is recommended. Space is limited, and

the deadline for registration is January 5. The cost of \$99 includes all materials. For more information, contact Corporate & Community Services at 755-5280 or training@cmcc.edu. To register online, see www.cmcc.edu/ccs.

Corporate and Community Services at CMCC provides customized, industry leading training programs to business, government, nonprofit and other organizations throughout Androscoggin, Oxford, Franklin and Lincoln counties. They promote economic development by offering the highest quality training and professional development courses to business and industry, coupled with access to training grants for new and expanding businesses. For more information about available services and offerings, see www.cmcc.edu/ccs.

Pine Tree Soc. names new department director

Pine Tree Society has announced that Shelley Zielinski has been promoted to the position of Director of Adult Support Services. Zielinski, who was hired by the agency in 2004, brings to her new position 15 years of experience in the field of Adult Support Services, having worked as a Direct Support Professional, PCP Coordinator, and Adult Services Coordinator. She earned her Bachelor's degree in Mental Health and Human Services from the University of Maine at Augusta and holds MHRT/C and LSX Certifications.

"I am looking forward to the challenge of creating stronger programming with greater impact for those that we support," said Zielinski of her promotion.

"Shelley is a natural fit for the responsibilities of this position, not only



Shelley Zielinski

because of her experience in the field, but also because of her demonstrated leadership skills and her true passion for people of all abilities," said Pine Tree Society Human Resources Director Denise White. "I believe she is the right person to spearhead changes that will result in more opportunities for those we support."

Since 1936, Pine Tree Society has relied upon a spirit of innovation and a desire to break down barriers to help those in Maine with disabilities lead richer, more socially connected lives. For more information, call 443-3341 or see www.pinetreesociety.org.

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SeniorsPlus offers Tai Chi

Are you looking for an accessible, low-impact exercise program that can help you manage pain or improve your balance? If so, SeniorsPlus' new Tai Chi for Arthritis and Falls Prevention program may be right for you.

Tai Chi consists of simple, low-impact exercises that improve muscular strength, flexibility, and fitness, thereby supporting and protecting joints, reducing pain and stiffness, and improving mobility. By

improving balance, Tai Chi significantly reduces the rate of falls in older adults. These benefits improve quality of life and can help participants remain independent.

This eight-week program will take place on Tuesdays and Fridays, January 10 through March 3, from 3:30 to 4:30 p.m. The cost is \$40. SeniorsPlus Education Center is located at 8 Falcon Road in Lewiston. For more information or to register, call SeniorsPlus at 1-800-427-1241.

Breakfast

Continued from page 5

- 1/4 cup skim milk
- 1/4 teaspoon ground black pepper
- 1/2 teaspoon dried oregano leaves
- 3/4 cup part-skim ricotta cheese
- 1/2 cup grated Parmesan cheese
- 1/4 cup minced fresh basil
- 1/2 cup shredded, part-skim mozzarella cheese

Heat oven to 325 F. In oven-safe skillet, heat olive oil over medium heat. Add garlic and cook 2 minutes, or until fragrant. Once garlic is fragrant, add spinach; break up to incorporate and heat.

In medium bowl, whisk together eggs, milk, pepper, oregano, ricotta, Parmesan and basil.

Add egg mixture to skillet, reduce heat to low and cook 1 minute, stirring gently. Move to oven and bake 25-30 minutes, or until eggs are almost completely set.

Carefully remove from oven and add mozzarella. Return to oven and bake until mozzarella is melted, about 5 minutes.

May be served hot, at room temperature or cold.

Blueberry Buckwheat Pancakes

Recipe created by The Chef Next Door on behalf of Milk Means More

Prep time: 5 minutes
Cook time: 15 minutes

- Servings: 4
- 3/4 cup buckwheat flour
- 3/4 cup all-purpose flour
- 2 tablespoons sugar
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 2 eggs
- 1 3/4 cups lactose-free, 2 percent milk
- 2 tablespoons vegetable oil
- 1 teaspoon pure vanilla extract
- 2 cups fresh blueberries, plus additional for topping (optional)
- syrup (optional)

In large bowl, whisk together flours, sugar, baking powder, baking soda

and salt. In small bowl, beat eggs then add milk, oil and vanilla; mix well. Stir wet ingredients into dry ingredients and mix to combine.

Heat griddle or large skillet over medium heat. Using 1/4 measuring cup, pour batter onto griddle. Gently place several blueberries all over surface of pancakes.

Flip pancakes when bubbles start to form around edges and bottoms are golden brown. Cook on other side until golden brown, about 2 minutes. Remove to plate and cover to keep warm.

Top pancakes with additional blueberries and syrup before serving, if desired.

Huevos Rancheros

Oats
Recipe created by Comfortably Domestic on behalf of Milk Means More

Prep time: 5 minutes
Cook time: 15 minutes
Servings: 2

- Oats
- 1 cup 2 percent milk
- 3/4 cup water
- 1/8 teaspoon salt
- 1 cup old-fashioned oats

Huevos Rancheros
1/2 cup sweet onion, peeled and chopped

1 1/2 teaspoons light olive oil

1 can (10 ounces) diced tomatoes with green chilies

1/4 teaspoon chipotle chili powder

What's Going On

LPD officer to address Rotary Club



Officer Joseph Philippon

The guest speaker at the next meeting of the Lewiston-Auburn Rotary Club on Thursday, January 5, from noon to 1 p.m. will be Officer Joseph Philippon of the Lewiston Police Department. The meeting will take place at the Ramada Inn of Lewiston. Guests are welcome to attend. Lunch is available for \$10 in the Ramada's Fusion Restaurant. No reservation is required.

Philippon has been a member of the Lewiston Police Department since 2005. He currently works on the department's Commu-

nity Resource Team, where he focuses on recruitment, strengthening community partnerships, and identifying areas to improve service. He also oversees several enforcement and outreach programs for the department. A 2005 graduate of the University of Maine at Augusta, he holds a bachelor's degree in Administration of Justice.

For more information about this or other Rotary programs, contact Monica Millhime at 753-9040 or monica.milhime@maine.gov.

Bates Dance Fest receives \$40,000 NEA grant

Among the more than \$30 million in grants approved by National Endowment for the Arts Chairman Jane Chu for fiscal year 2017 is an Art Works grant of \$40,000 to the Bates Dance Festival. The NEA award will support "Celebrating 35 Years of Evolution, Innovation and Community," a 2017 project that will reflect and build upon the Bates Dance Festival's history as a leading center for dance learning, experimentation, development and community building.

The NEA's Art Works category supports the creation of art that meets the highest standards of excellence; public engagement with diverse and excellent art; lifelong learning in the arts; and the strengthening of communities through the arts.

"The arts are for all of us, and by supporting organizations such as the Bates Dance Festival, the National Endowment for the Arts is providing more opportunities for the public to engage with the arts," says Chu. "Whether in a theater, a town square, a museum or a hospital, the arts

are everywhere and make our lives richer."

"We are deeply honored to have received annual support from the NEA for over 25 years," says Laura Faure, who marks her 30th year as festival director in 2017. "This recognition and funding is vital to our ability to train dancers, commission new work and present world-class contemporary dance to Maine audiences."

The festival will celebrate its 35th anniversary, and bid farewell to retiring director Faure, by bringing together more than 80 leading dance figures and emerging artists during summer 2017. David Dorfman Dance, zoe | juniper, Stephan Koplowitz Projects, Pearson Widrig Dance Theatre, Tania Isaac, Larry Keigwin and many others will join other dancers and educators, and 300 students, for residencies to learn, create, perform, connect and recharge in a collaborative environment that supports vital artistic exchange and encourages appreciation for contemporary dance.

Renovations begin at Community Center

The Auburn Recreation Department has announced that the Hasty Armory Community Center, located at 48 Pettengill Park Road, will undergo renovations starting Tuesday, January 2. The

project will restrict access to various sections of the building, but the gymnasium will remain open for all activities. The renovations are tentatively scheduled to be completed by the end of April.

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Out and About with Rachel Morin

National Wreaths Across America Day at Togus National Cemetery

Story and photos by Rachel Morin; captions by Patricia Vampatella and Adriann Tucker

The Outdoor Adventure Club at USM's Lewiston Auburn Senior College, led by co-chairs Patricia Vampatella and Cindy Boyd, set out early in the first big snowstorm of the year, Saturday, December 17, to join 90 volunteers participating in the National Wreaths Across America Day at The Togus National Cemetery. The event was coordinated, as always, with similar groups across the country, laying wreaths at Veterans' graves, in conjunction with Arlington National Cemetery.

Two huge trucks rolled into Togus National Cemetery with 2,000 wreaths provided by the Worcester Wreath Company of Harrington in Washington County. The Worcester Wreath Company is now in its 25th year of providing wreaths for Veteran servicemen and service-women headstones at Arlington. Convoys of trucks left for Arling-



USM's Lewiston Auburn Senior College Outdoor Adventures Club. L to R, Kaye Bouchard, Wreaths Across America Togus Wreath Coordinator; Adriann Tucker, Janet Stenberg, Cindy Boyd, Don Robitaille, YN2 U.S. Navy, Korea; Grace Trainor, Joanne Sabourin and Patricia Vampatella.



Senior College members laying the wreaths.

ton a week ago, stopping along the way at schools, museums, churches as people gathered to talk with them. Many times, food and lodging were offered.

At Togus, the scent of fresh evergreen wreaths filled the air. Volunteers made quick work of distributing the wreaths. The red-ribboned evergreen wreaths atop the deep snow covering the rows of Vet-



A second truck is emptied.

erans' headstones made a poignant scene.

The noontime ceremony held at Arlington National Cemetery honoring the veterans and the laying of Commemorative wreaths by representatives of all U.S. Military Services is echoed and held simultaneously at veterans' cemeteries across the nation.

LAC senior college member, Grace Trainor, was chosen to represent several members of her family who served in the U.S. Merchant Marines, to lay a Commemorative wreath at the base of the flagpole where the Togus noontime ceremony was held.

Kaye Bouchard, Wreaths Across America Togus Coordinator, spoke to the volunteers at the end of the day. "Thanks again for joining us today. The weather may have been rough, but the love and compassion you showed were strong! We placed close to 4,000 wreaths today. Every stone is proudly displaying a wreath now that our day has come to an end, thanks to all of you."

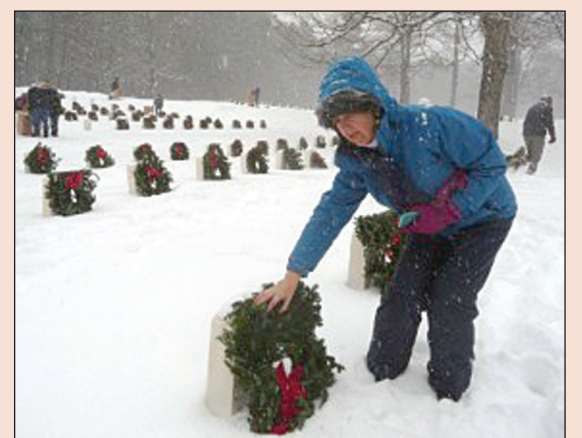
Senior College members were honored and gratified to participate in Wreaths Across America and found the experience emotionally moving to be part of the nationwide event. It was their third year experiencing it. Wreaths Across America is now an annual event on their calendar.



Volunteers wait to unload one of two huge trucks transporting 2,000 wreaths for the Veterans' graves at Togus National Cemetery.



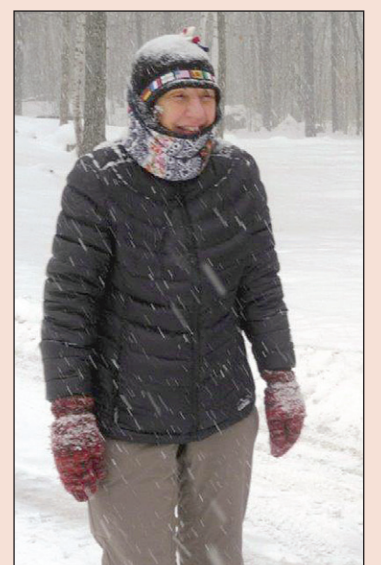
Kaye Bouchard, Togus Wreath Coordinator, left, directs the volunteers.



Joanne Sabourin lays a wreath at a Veteran's gravesite.



Grace Trainor represented several members of her family who served with the U.S. Merchant Marines in laying a Commemorative wreath at the Togus noontime ceremony at the base of the flagpole.



Janet Stenberg waits for her turn.

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Starting the New Year by Improving Relationships

By the American Counseling Association

Relationships come in many flavors. They range from very casual to quite close, such as relationships with those we consider to be real friends, often people we have known for a long time. Closest of all, as we might expect, are relationships with those with whom we are romantically and emotionally involved, such as our spouses or significant others.

But what many of us fail to appreciate is that all good relationships require work, and this is especially true as a relationship ages. While it may often feel that our associations with others simply “happen,” these connections require thought and effort if we want them

to endure and grow.

One important step in strengthening a relationship is simply being accepting. No two people are exactly alike, and what often helps establish a relationship is that each party brings something a little different to the association. However, over time, we may forget that some of those differences were what helped establish the initial relationship. Instead, we may unconsciously try to make the other person more like ourselves. It helps to step back, evaluate what makes that relationship special, and refocus on the positive things, rather than the differences you may have.

Good relationships also must be able to survive disagreements. There are

going to be times when friends or spouses are going to have differing opinions about various subjects, with each going in quite an opposite direction. While we might think it would be nice (if boring) if everyone agreed all the time, for a relationship to thrive, sometimes it's necessary to accept the other person's thoughts and simply agree to disagree.

Another basic element of a good relationship is being able to communicate with the other person. That may sound simple, but in our busy, often stressful world, it can be easy to ignore someone you care about without meaning to. The key is to take time to focus on how well you communicate with those you care about. And that doesn't just mean sharing all your ideas and problems. It means making time for the other person, asking questions, and carefully listening, especially when there are problem areas.

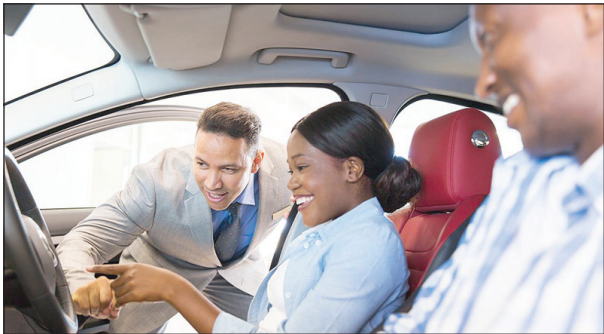
Improving your relationships is a wonderful resolution to make for the New Year. And making it work isn't all that hard. It just requires paying more

attention and making time to listen to and enjoy that person.

Counseling Corner is provided by the American Counseling Association.

Comments and questions may be directed to ACA-corner@counseling.org. For more information, visit the ACA website at www.counseling.org.

Get the big bow ready: 4 tips for buying a used car



GettyImages-516897708

If you're tempted by steep discounts offered by car dealerships at the end of the year, you're not alone. Car sales rev up especially during the week between Christmas and New Year's, when dealerships may see sales jump 78 percent over the first part of December, according to Edmunds.com, a leading online resource for automobiles.

But buying a used vehicle can be a daunting task when you consider all the variables - the price, vehicle history, cost of gas, cost of insurance and more.

These tips can help you during the car-buying process:

1. Understand what you can afford. Look at the overall cost. The purchase price of the vehicle doesn't tell the whole financing story, Pollard says. Don't forget to factor in the average cost of maintenance, monthly insurance, fuel costs and additional warranties along with your monthly payment.

2. Get pre-approved before stepping foot on the dealer's lot. Once you know what you can afford, be clear with the dealer on how much you can spend

and stick to it, says Heather Pollard, vice president of Auto Experience at USAA.

3. Have an expert check under the hood and into the car's past before driving off the lot. An independent mechanic can give your potential car a thorough exam. In addition, a Carfax report will help you understand the vehicle's maintenance and accident history.

"You want to ensure you have a reliable vehicle and that six months from now it isn't going to be in the shop or stranded on the side of the road," Pollard says.

4. Don't settle for the extended vehicle warranty proposed by the dealership. Extended vehicle protection can be beneficial for a used car purchase, but make sure you look at other options available, not just what the dealer offers you.

"Members don't often realize USAA offers extended vehicle protection," Pollard says. "The dealer is going to offer it, and it can be pretty expensive."

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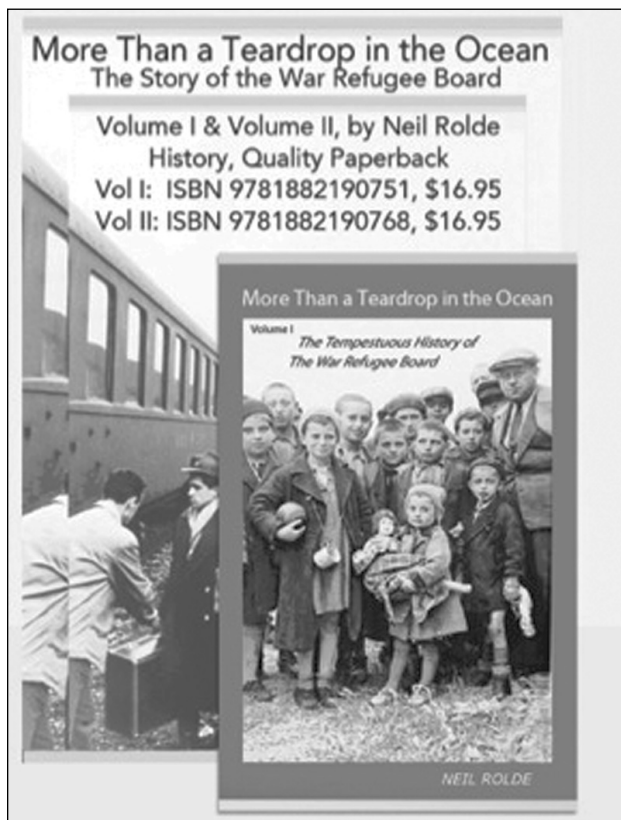
Weekly Arts & Entertainment

Maine author uncovers history of War Refugee Board

The War Refugee Board saved over 200,000 lives during World War II, but until now, there hasn't been a comprehensive history of its extraordinary work. Maine author Neil Rolde's new book, "More than a Teardrop in the Ocean: The Tempestuous Story of the War Refugee Board" (Polar Bear & Company, 2016), the first in a projected two-volume history, fills an important gap by providing the definitive history of this heroic organization.

In conducting research, Rolde found a trove of stories about people who accomplished extraordinary things to save Jewish refugees during the war, but their actions were rarely attributed to the War Refugee Board. For example, the efforts of Raoul Wallenberg, a heroic Swede who saved at least 20,000 Hungarian Jews, are well known. "But not many people know that the War Refugee Board sent Wallenberg secretly to Hungary," said Rolde. "Most of the workers weren't Jewish. They were a small group of about thirty people doing extraordinary things."

Ironically, Rolde became aware of the War Refugee Board while researching a book about a historic figure who did far too little to help refugees. In "Breckinridge Long, American Eichmann? An Enquiry



into the Character of the Man Who Denied Visas to the Jews," Rolde exposes the tragic record of the man FDR appointed as the U.S. State Department official in charge of matters concerning all European refugees during the Holocaust.

"He's an example of the banality of evil," said Rolde. Because of Long's policies, 90 percent of the quota spots available to immigrants from countries under German and Italian control were never filled. When Roosevelt learned about this, he stripped Long

of his powers over visas and refugees and, in January 1944, established the War Refugee Board.

"The War Refugee Board's feat of saving some 200,000 targeted innocents condemned to die out of six million slaughtered, while seemingly puny, is surely worthy of respect," says Rolde. "The saga of the Board is a story worthy of being told in its detailed entirety."

Rolde's other books include "Continental Liar from the State of Maine: James G. Blaine," "Unset-

35th Anniversary Gala, special "Milltown" performance to highlight 2017 Bates Dance Fest

The Bates Dance Festival, northern New England's leading contemporary dance training and presenting program, has announced its 35th season, which will run from June 23 to August 6, 2017. Recognized as an important gathering place for the national dance community where cooperation, collaboration and experimentation are nurtured, the Bates Dance Festival each summer brings more than 270 students from across the U.S. and overseas to the Bates College campus to study, create and perform.

The festival includes the renowned Professional Training Program for dancers ages 18 years and older (July 15 to August 6), offering 31 classes a day in a wide range of

disciplines; and the Young Dancers Workshop, a three-week intensive training program for pre-professional dancers ages 14 through 18 (June 23 to July 14). Complementing these programs, the festival hosts creative residencies for accomplished companies and choreographers, as well as lectures, panels and showings by more than 60 internationally recognized dance artists from around the globe.

Highlighting the festival's 2017 season will be workshops, residencies and performances by such acclaimed choreographers and companies as David Dorfman Dance, Christal Brown INSPIRIT, zoe | juniper, Danny Buraczski, Nancy Stark Smith and Lisa Race. Special performances will include a 35th Anniversary Gala that will honor longtime director

Laura Faure and will feature Larry Keigwin, Bebe Miller, Doug Varone, Tania Isaac, Riley Watts, Sara Pearson and Patrik Widrig, and Omar Carrum and Claudia Lavista. The season will culminate with "Mill Town," a site-specific performance installation created by choreographer Stephan Koplowitz with music by composer Todd Reynolds. The piece will be staged in and around a former textile mill in downtown Lewiston and will feature a cast of more than 60 performers.

For more information about the Bates Dance Festival, call 786-6381, email admission director Alexandra Bell at dancefest@bates.edu, or see www.batesdancefestival.org.

SEARCH program seeks volunteers

tled Past, Unsettled Future: The Story of Maine Indians," "The Interrupted Forest A History of Maine's Wildlands," "The Baxters of Maine: Downeast Visionaries," and "So You Think You Know Maine." His books have won awards the Maine Historical Society, the Maine Writers and Publishers Alliance, and the Maine Humanities Council.

Catholic Charities SEARCH (Seek Elderly Alone, Renew, Courage & Hope) program believes that seniors should receive support and care with dignity and respect, especially when they are isolated and lonely. Since Maine leads

the nation with the largest senior population, this represents a huge but important challenge. Seniors are currently waiting for volunteer support in Auburn, Lewiston, Lisbon, Minot, Poland, Sabattus and Turner. If you would like to make a difference in the life of a local senior by volunteering a few hours each week to provide a friendly visit, a ride to the grocery store, or a phone call, they would like to hear from you.

For more information, contact Wendy Russell, Director of Catholic Charities SEARCH program, at 784-0157 or wrussell@ccmaine.org, or see www.ccmaine.org/SEARCH.



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Local DAR chapter supports Steeple Preservation Project

Thanks to sponsorship provided by the Mary Dillingham-Burnt Meadow Chapter of Lewiston, the National Society Daughters of the American Revolution have donated \$2,310 to Washburn-Norlands Living History Center's Meeting House Steeple Preservation Project. The funding will be used to fix and re-flash the roof at the steeple tower base of the meeting house, which now leaks, posing a threat of interior damage to the historic structure.

Built in 1828, the meeting house is the oldest building at Norlands and was the first church in Livermore to have a steeple. Israel Washburn, Sr. and his neighbor, Otis Pray, donated the land and raised money by selling pews. First designed by Martin Cushing, a prominent architect and builder of the region, the church is a Federal Style meeting house with distinctive Victorian changes. It remained in regular use until 1869, when a new church was built in the new population center of Livermore Falls.

The Norlands' church continued to be used for summer services. In 1872, Israel Washburn hired George Harding, one of Maine's most prominent architects, to remodel the church. The singers' balcony was eliminated, new windows were installed, and new interior trim was completed. The high pulpit was removed, a front platform was added, and artist Valentine L. Keiler, who was active in Portland between 1869 and 1873, was commissioned to paint frescoes and decorative trompe d'oeil scenes on its plaster walls and ceiling.

Today, the meeting house remains a fascinating example of a late Federal Style church with early Gothic Revival details and a decorative overlay of Victorian elements. While summer services ended in the early 20th century, the meeting house is still used to explore the history of life and religious practice in 19th-century rural Maine. Programs, and sometimes historical church services, take place in the building during special events. The meeting house is also rented for wedding ceremonies and other special functions.

"As people travel north on Norlands Road, the 105-foot steeple is their first glimpse of the Norlands," said Board President Carolyn Lawson. "It's not only breathtaking, but it contributes to the special quality and preservation of this 19th-century crossroads community, serving as a reminder to visitors that they



Built in 1828, the meeting house was the first church in Livermore with a steeple.

are about to step back in time."

The entire cost of fixing the steeple roof is

Twin City Nights



From the road, the 105-foot spire provides visitors with their first glimpse of Norlands, serving as a visual reminder that they are about to step back in time.

estimated at \$4,910. Once the tower base roof is repaired, Norlands will move forward with a complete

restoration of the steeple. For more information about Norlands or the Steeple Preservation Project, or to

contribute, contact director Sheri Leahan at 897-4366 or norlands@norlands.org, or see www.norlands.org.

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Helping the animals in 2016



The staff of Westside Neuro Rehab in Lewiston, represented here by Vicky Lamothe (l.) and Pat Hollaway (c.), organized a donation drive that raised pet food, treats, cleaning supplies, pet supplies and \$139. They are pictured here with GAHS Operations Manager Zachary Black.

Here are some of the many people and groups who supported Greater Androscoggin Humane Society in 2016 as they provided a haven for the over 4,400 sick, homeless and abused animals they care for each year. The shelter's primary support comes from fund-raising events and donations such as these from caring citizens. To learn more about volunteering at the shelter or adopting an animal in 2017, call 783-2311 or visit their website at www.gahumane.org. You can also join them on Facebook at www.facebook.com/GAHumane.



Brody Remington of Greene, a second-grade student at Sabattus Primary School, organized a donation drive that raised \$200.



Girl Scout Troop #2400 of Turner, including (from l.) Leighton, Addison, Morgan, Abigail, Reese, Brooke and Calee, organized a donation drive that raised \$175.



Kayla Skula, a 6th grade student from McMahon School in Lewiston, organized a donation drive that collected pet food and other supplies.



The staff of Enterprise car rental, represented here by Sarah Faulkingham, organized a pet food and supply drive that collected pet food, treats, toys and cleaning supplies.



In lieu of gifts for his 60th birthday, Leon Caron of Monmouth asked his birthday party guests to bring pet food, treats, and supplies for the shelter.



Madison Lecbee (l.), an 11th grade student at Mt. Ararat High School and a member of the International Order of the Rainbow Girls, organized a donation drive that collected pet food, cleaning supplies, homemade toys and \$123.43. She is pictured here with GAHS Executive Director Steven Dostie.



Dubois Realty Group, represented here by Marnie and Brian Dubois (at right), conducted a community give-back program that supported local charities selected by new homeowners, resulting in a \$1,300 donation. They are pictured here with GAHS shelter supervisors Kara Strout (l.) and Stevanie Roy.



In lieu of having an entry fee for their Mountain Bike Skills Clinic, Frank Jalbert of Busytown Bikes and the Central Maine Northeast Mountain Bike Association collected pet food and supplies for GAHS.



The staff of Great Falls Marketing in Auburn, represented here by Laura Snell (r.), organized several fundraisers that collected \$426 for the shelter. She is pictured here with GAHS Services Representative Shannon Vishe.



Priscilla Gendron (l.) of Lewiston presented a \$1,000 donation, which she hopes will inspire others to support the shelter and their efforts to provide medical treatment to unwanted animals. She is pictured here with GAHS Development Director Donna Kincer.

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Thursday, December 29
St. Dominic Academy Christmas Classic. Norway Savings Bank Arena, Auburn This three-day tournament concludes with championship and consolation games on both rinks at 11 a.m. and 1:10 p.m. 782-6911.

Rotary Club Meeting. Noon to 1 p.m. Ramada Inn, Lewiston. The guest speaker is Will Fessenden, Marketing Director for the Sun Media Group. Guests welcome. 753-9040; monica.millhime@maine.gov.

Saturday, December 31
New Year's Eve Dinner, Dance, Drop and Draw. 7:30 p.m. Franco Center, 46 Cedar St., Lewiston. Enjoy an elegant dinner, dance to music by Every Other Sunday, and countdown to 2017. Cash bar; grand prize. Space limited. \$50 pp. 783-1585; FrancoCenter.org.

New Year's Eve Dance. 8 p.m. to 1 a.m. Litchfield Sportsmen's Club. Contests, party favors, finger foods, champagne at midnight; music by the Lost & Found Band. Ages 21+. BYOB. \$18 pp. in adv., \$25 pp at door. 536-9647.

Thursday, January 5
Rotary Club Meeting. Noon to 1 p.m. Ram-

Calendar

See more Calendar at www.TwinCityTimes.com

ada Inn, Lewiston. The guest speaker is Officer Joseph Philippon of the Lewiston Police Department. Guests welcome; no reservation required. Lunch avail. at Fusion restaurant for \$10. 753-9040; monica.millhime@maine.gov.

Friday, January 6
Concert: Bold Riley. 7:30 p.m. First Universalist Church, 169 Pleasant St., Auburn. The well-received local folk group brings its exuberant style

and wide-ranging repertoire to Auburn. Benefits Andro. Humane Society. \$15 advance, \$18 at door. 783-0461; www.brownpapertickets.com/event/2722877.

Saturday, January 7
Field Trip. 8 a.m. to 3 p.m. This Stanton Bird Club excursion to observe winter ducks at Marginal Way and other Ogunquit sites carpools from the Promenade Mall parking lot, in front of Staples, at 855 Lisbon Street in

Lewiston. Free; all welcome. 319-6630.

Tuesday, January 10
Multi-Faith Roundtable Discussion. 12:30 p.m. Auburn Public Library. In this series, a panel of area clergy discuss various topics from the perspectives of different faith traditions. Concludes 2/7. Free. For topics, call 333-6640, ext. 4.

Tuesday, February 7
Multi-Faith Roundtable Discussion. 12:30 p.m. Auburn Public Library. A panel of area clergy discuss various topics from the perspectives of different faith traditions. Free. For topics, call 333-6640, ext. 4.

Rep. Poliquin moves to new D.C. office



Workers disassemble Poliquin's Murphy bed to transport it to his new office in the Longworth House Office Building.

The start of a new Congress will bring with it a change of scenery for Congressman Bruce Poliquin, his staff, and his Murphy bed as his team has moved his Washington, D.C. office from its prior location in the Cannon House Office Building to a new location in the Longworth House Office Building. Poliquin is known in Washington for his early starts to each work day and the fact that

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Assassin's Creed (PG-13).....	1:15	4:15	7:25	10:05
Rogue One: A Star Wars Story (PG-13).....	12:15	3:15	6:30	9:30
Rogue One: A Star Wars Story (PG-13).....	1:00	4:00	7:00	10:00
Rogue One: A Star Wars Story 3D (PG-13).....	2:00	5:00	8:00	XXX
Collateral Beauty (PG-13).....	1:40	4:35	7:10	9:30
Sunday, Jan 1st Collateral Beauty will not play at 1:40 & 4:35PM				
Manchester By The Sea (R).....	12:40	3:40	6:45	9:45
Sing (PG).....	11:45	2:15	7:15	
Sing 3D (PG).....		4:45	9:45	
Passengers (PG-13).....	12:50		6:50	
Passengers 3D (PG-13).....		3:50	9:25	
Moana (PG).....	1:20	4:20		
Office Christmas Party (R).....		7:20	9:50	

he sleeps in a Murphy bed that folds up into the wall of his office.

"I'm looking forward to returning to work for Mainers at the start of the 115th Congress and am ready to act immediately to fix the most important problems facing our State and Nation," said Poliquin.

"While my staff and I have a new location, we aren't going to let up an inch in our commitment to serving on behalf of our Maine families, small businesses and communities. I want to invite all Mainers visiting Washington to come by our new office for an ice-cold Moxie."



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Junior Duck Stamp Art Contest now underway

The twenty-third annual statewide competition for the Federal Junior Duck Stamp Design Contest is underway. The U.S. Fish and Wildlife Service invites students in grades K-12 to create designs featuring ducks, swans, or geese in their natural habitats. Designs will be judged in four age categories, with awards conveyed for first, second, and third places and honorable mentions. Entries must be received by March 15. This year's judging will take place at the L.L. Bean's flagship store in Freeport.

The Maine Best of Show entry will compete with contest winners from other states in a national competition in Washington D.C. The national first-place winning design will be used to create the Federal Junior Duck Stamp. Proceeds from the sale of Junior Duck Stamps, which cost \$5 each, support conservation education by providing awards and scholarships for students, teachers, and schools.

Modeled after the U.S. Fish and Wildlife Service's annual Federal Duck Stamp competition, the Junior Duck Stamp contest is part of an educational curriculum that teaches students about waterfowl, the importance of wetlands, and habitat conservation. Proceeds from the sale of Federal Duck Stamps protect wetlands through land acquisition by the National Wildlife Refuge System.

For more information about the contest, call the Gulf of Maine Coastal Program at 781-8364. Contest rules, along with entry forms, are also available for download at www.fws.gov/juniorduck/.

Tips to Save and Spend Wisely in 2017



(c) Iana_Kolesnikova - Fotolia.com

Did you get carried away with the holiday spirit this past season? On the heels of hefty spending, the New Year is the best time to take stock of

personal finance habits and make beneficial changes for the year ahead.

Here are some useful tips and tricks to spend and save wisely in 2017.

Think Long-Term
Don't neglect the future. It's never too early to save for retirement. In fact, the sooner you start, the better off you will be. Invest through a company-sponsored plan if possible. If not, look into IRAs that can help you grow your wealth exponentially.

Create Categorized Funds

Consider the 52-week savings challenge. In the first week, save \$1,

followed by \$2 the second week, all the way through week 52, when you put aside \$52. Sticking to this plan results in \$1,378 saved at the end of the year, as well as any interest you've earned.

Creating a savings account for a specific purpose is a perennially sound savings strategy. Look for banks that are fee friendly, such as Ally Bank Member FDIC, ally.com, which allows you to open an Online Savings or Money Market account with no minimum and no monthly maintenance fee. You can deposit money easily through e-check deposit, direct deposit and you'll earn interest compounded daily on your

savings. In addition, putting this money in a separate account allows you to track your spending against the account balance.

Use Shopping Apps
It is incredibly easy to save money with a little online research. With a few minutes effort, you'll find discount codes, loyalty programs or cashback websites that track your purchases and reward you for the extra step of navigating through their shopping portal instead of going straight to the big name retailers' websites.

Reap Rewards
While no personal finance expert would advocate running up credit card bills one can't afford, savvy consumers know how to take advantage of credit card reward programs for hotel points, airline miles or just straight cash in their pockets.

"Use credit cards that reward you for the things you buy the most," says Diane Morais, chief executive officer and president

of Ally Bank, the direct banking subsidiary of Ally Financial Inc.

There are often offers for opening a new credit card with a minimum spend, such as the Ally CashBack Credit Card, which provides a \$100 bonus when you make \$500 in eligible purchases during the first three billing cycles, and offers two percent cash back at gas stations and grocery stores, and one percent cash back on all other purchases -- as well as 10 percent bonus on rewards that are deposited into an eligible Ally Bank account.

If you don't want to open a new account, check your current credit cards for promotions or cash back offers, which can add up quickly on everyday purchases.

With a little homework, savvy consumers can make 2017 the year they spend strategically and save more.

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Pictures may vary. We reserve the right to correct typographical errors.

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